



## Cinnamon Apple Crisp

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



264 kcal

DESSERT

### Ingredients

- 5 cups apples sliced (4 medium)
- 1 cup flour whole wheat
- 0.8 cup brown sugar packed
- 0.3 cup butter cooled melted
- 1 teaspoon double-acting baking powder
- 1 teaspoon ground cinnamon
- 0.8 teaspoon salt
- 0.5 teaspoon nutmeg

- 1 eggs
- 1 serving whipped cream

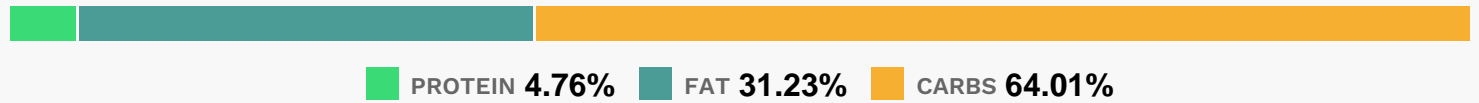
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 350°F.
- Arrange apples in ungreased square baking dish, 8x8x2 inches.
- Stir together remaining ingredients except ice cream until crumbly; sprinkle over apples.
- Bake 35 to 45 minutes or until apples are tender.
- Serve warm with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:4.16, Inflammation Score:-4, Nutrition Score:6.9678260891334%

## Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

## Nutrients (% of daily need)

Calories: 264.49kcal (13.22%), Fat: 9.6g (14.77%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 40.59g (14.76%), Sugar: 30g (33.34%), Cholesterol: 24.09mg (8.03%), Sodium: 381.52mg (16.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Manganese: 0.7mg (35.04%), Selenium: 11.37µg (16.24%), Fiber: 3.7g (14.79%), Phosphorus: 96.08mg (9.61%), Vitamin A: 447.16IU (8.94%), Calcium: 75.63mg (7.56%), Magnesium: 28.93mg (7.23%), Vitamin B1: 0.1mg (6.37%), Vitamin B6: 0.12mg (5.81%), Potassium: 195.12mg (5.57%), Vitamin B2: 0.09mg (5.51%), Iron: 0.97mg (5.36%), Copper: 0.1mg (5.02%), Vitamin C: 3.68mg (4.46%), Vitamin B3: 0.86mg (4.29%), Vitamin E: 0.63mg (4.19%), Zinc: 0.56mg (3.75%), Folate: 12.35µg (3.09%), Vitamin B5: 0.31mg (3.06%), Vitamin K: 2.12µg (2.02%), Vitamin B12: 0.09µg (1.51%)